In an Emergency, The Cleanest, Safest Food you can give your baby is Your Milk

Q. What if I don’t have milk any more?

A. Up to six months after birth a mother can make milk again by putting baby to the breast, or pumping every two hours. At first she may be get only drops of milk. But this will increase by about one ounce every 24 hours. Then she can cut back on the formula, or donated human milk she is giving the baby, by about one ounce a day. The younger the baby, the sooner the mother will begin to make a lot of milk.

Prepared by the Harris County Breastfeeding Coalition
In Collaboration with The Texas Department of State Health Services,
Austin Healthy Mothers Healthy Babies Breastfeeding Task Force,
Houston Association of Lactation Consultants and Educators,
And La Leche League of Houston
www.HAlCEA.info
Frequently Asked Questions about Breastfeeding:

Q. What about stress? With all this stress, won’t my milk go away?
A: Not if you keep nursing. Babies’ lives are saved every day by mothers who breastfeed them in spite of war and natural disasters.

Q. What about water? Does my baby need water?
A: Breast milk is 87% water. And it is pure water. If your baby is getting enough milk, then your baby is getting enough water.

Q. Without formula, how can I tell if my baby is getting enough milk?
A: If your baby has 6 wet diapers a day and regular bowel movements, that is a sign he is getting enough. To be sure, ask your doctor or WIC peer counselor to weigh your baby.

Q. What about work? How can I breastfed when I need to find a job?
A: Call WIC or a local pump rental agent. As a Katrina survivor, you may be eligible for free use of an electric breast pump and supplies.

Babies were born to be Breastfed

Breastfeeding can save lives now:
Breast milk helps babies fight diseases like:
- Diarrhea,
- Ear infections,
- Pneumonia
- Cholera
- Food poisoning

And make the future brighter:
Mothers who breastfeed are less likely to have breast and ovarian cancer later in life.
Breastfed babies are less likely to become obese or develop asthma when they get older.

If you have questions or need assistance
Ask for breastfeeding help and a volunteer will be found to assist you.

Phone numbers for Breastfeeding assistance / Information:
Mom’s Place:
TX Dept. of State Health Services
1 800 514 6667
La Leche of Houston:
713 383 2819
En español: 832 279 3401
WIC
713 794 9090 M-F 8-5
713 306 9573 after hours
African American Breastfeeding Alliance:
877 532 8555
www.aabaonline.com
Houston Area Lactation Consultants Referral list:
www.HALCEA.info

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